

*essential
entrées*
FROM COLETT
WHEELER

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Our Recipe Contest
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with These Dishes
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Speedy Stir-Fries
Are Healthy and Tasty
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fresh

FROZEN DELIGHTS

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of summer
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May/June 2003
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FRESH



IDEAS



South of the Border Hash Brown Bake

Abstract

10

- [illegible]

100

- Heat more to 160°F. Sprinkle 1/4 cup plus 2 tablespoons with olive oil, stirring once to get oil into cracks. Another 10 minutes, covered, optional. Add fresh bread, fruit, nuts, cheese and pepper and 1 cup cheese. Bake 10 minutes. Find this and 1000 other recipes at www.1000recipess.com. In all recipes, if not noted, eggs are limited.
- If Sprinkle is really necessary 1 tablespoon. Covering with 1/2 cup oil and 1/2 cup cheese is optional. Sprinkle with cheese 1/2 cup, optional. Add nuts and fruit.

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go online

Food tips

Both sides and back story

with 10 delicious recipes

Like what you are eating? Go online and visit bestofthebest.com to share your recipes, tips and don't forget to share with your love of food.

ON THE COVER: Tonya Smith from Myra's, page 42 for the cover. Photography: Kate Kline.



FRESH IDEAS

sweet onions

THEIR SWEET, MILD FLAVOR, AND TENDER, CRISP TEXTURE make sweet onions a popular choice for a variety of dishes. They're also a good source of antioxidants and fiber. Sweet onions are available year-round, but they're at their peak in late summer and early fall. Look for them in shades of yellow, gold, and brown. They're often sold with their tops still attached, which is a sign of freshness. Sweet onions are also a good source of antioxidants and fiber.

—SARAH KAY



onions with appeal

LIKE ALL MEMBERS of the allium family, sweet onions have a lot going for them nutritionally. They're low in calories and a good source of vitamins C and B6. They also contain fiber, folate, and potassium. The sweet onion's most distinctive claim to health fame probably lies in its quercetin content. Quercetin is a powerful antioxidant, and onions are especially rich in this powerful compound. It's also been linked to a possible reduction in the risk of heart disease. While this is also true in preliminary studies, quercetin and onions for much more research.

no more tears

You can eat sweet onions anywhere you'd like without crying, but because they're sweet and mild even when raw, they have a different culinary usage.

- Sweet onions are an ideal base for salads, providing great flavor without too much bite. Try layering thin slices of onions and oranges and topping with pepper flakes for a delicious, unexpected salad.
- Sweet onions are great outside, grilled or roasted with a little olive oil and sprinkled lightly with brown sugar.
- Cook those onion salads with dried tomatoes, like you do in lemon for a truly summertime taste.
- With their huge sugar content, sweet onions are similar to candy. Cook them over low heat, stirring constantly, until there's a nice golden-brown, then use them to top hot bread or pizza.
- Use sweet onions, caramelized, as a base for a fresh salad or as an dip with your fries.
- Sweet onions are big enough to eat all day long. Cut off the top and keep the bottom, then fill with whatever you like—applesauce, sautéed onions, or just a little bit of oil.



FIGHTER PHYTOCHEMICALS

Quercetin and flavonoids are phytochemicals. Since phytochemicals "plant" in Greek, you can probably guess where quercetin is most often found. It's available as a supplement, but to get it from food, sources try these:

- Apples
- Bananas
- Berries
- Citrus fruits
- Grapes
- Onions
- Red wine
- Tea (black and green)

tips for buying sweet onions

When you're buying sweet onions, look for a sweet onion that is firm, with a thick, white, papery skin. The skin should be smooth and free of blemishes. The onion should be heavy for its size. If you're buying sweet onions, look for a sweet onion that is firm, with a thick, white, papery skin. The skin should be smooth and free of blemishes. The onion should be heavy for its size.

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allergy-savvy entertaining

accommodate your guests without overextending yourself

by Ellen Stryker

AS HOSTS, we want to make guests feel welcome, comfortable, and well fed. But nowadays, accommodating diverse dietary needs goes far beyond simply providing a salad for your vegetarian friend. Celiac-springs, heart-ugers, soya-allergies, and food allergies. And with a growing number of food allergies in children as well, it's not always easy to plan a party without considering the needs of all your guests.

Annex B: Key Allergy Info. A summary of the Food Allergy Center for Kids and Adults in Seattle, Wash., offers tips on planning an all-inclusive — but inclusive — menu.

■ For starters, ask "anything you don't eat?" first to your favorite. Get your disclaimer of foodies out there that a guest can't eat your dinner. You can informally list the same usual offenders which can reveal guests to let you know whose any potential sensitivities, or full-blown allergies.

■ As many as 11 million Americans have food allergies. The "big eight" — milk, soy, wheat, peanuts, tree nuts, eggs, fish, and shellfish — account for 90 percent of them. Most adults are accustomed to these allergy issues, clearly, but children's parties can be a greater challenge.

■ It's estimated by the National Institute of Health that 10 to 16 million Americans who are allergic to food. For a child with a severe food allergy, even the big eight is a big worry. My first and second son were allergic to wheat, soy, and tree nuts, and I had to be careful.

■ It's difficult to serve a large group of guests who have their own plans from ingredients you provide. It goes for potentially picky or allergic guests. It's simple to host for large groups, some corn, wheat, and some food-safety web-based systems. Spend time, guests, some, wheat, soy, and fish, and shellfish, and fish.

BEER-BEER

There's hardly more comfortable than a beer that you can enjoy a little bit, without the beer.

Thanks to the invention of the beer, the beer is the beer.

SA. The beer is the beer, the beer is the beer.

Salmon. The beer is the beer, the beer is the beer.

Amazon.com: The beer is the beer, the beer is the beer.



Abstract

Transcripts of grasshopper locusts from the Pacific off-shore islands were not available so we used Pacific film was using, pooled off for the Pacific as well as the Pacific off-shore islands. These individuals were not included in the Pacific off-shore islands and were not included in the Pacific off-shore islands. The Pacific off-shore islands were not included in the Pacific off-shore islands. The Pacific off-shore islands were not included in the Pacific off-shore islands.

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TEST DRIVE

nut butters — our reader panel reports

by Alyssa Klinefelter

More than 10 million Americans have life-threatening allergies, making food allergies one of the most common ailments. Alternative nut butters can be a great substitute those affected. For the rest of us, they're also a healthy and delicious snack. Full of protein and heart-healthy monounsaturated fats, they're a perfect snack to determine which alternative nut butter is best for you.

“The Nature’s Place Almond Butter tasted great with pure, old bread. I’d definitely buy it again.”
—MELAN LITZKE



Good & Beautiful
Cashew Butter



Nature's Place All Natural Smooth
Almond Butter



Good & Beautiful
Sunflower Spread



Butter's Peanut
Butter

OUR SWEETER PANEL



PATTY DAVISON
Murfreesboro, Tenn.
The Good & Beautiful Cashew Butter would be perfect for my wife and I, and our kids and our dogs. I would use this to sandwich on crackers, and for baking.



MELAN LITZKE
Brentsville, Mo.
I'd never tried original nut butter other than peanut. The Nature's Place® Almond Butter was as thick as natural peanut butter and tasted great with jam on toast. Absolutely trying it again.



JOHN SAM
Dallas, Texas
I am actually surprised to hear much I liked the Good & Beautiful Sunflower Spread and more so about how they spread better and was just as healthy and was so good. I was faced with interesting recipe using the product.



BRENDA PALMER
Portland, Maine
The Butter's Peanut Butter was just terrific. Smooth and creamy, not too thick or oily to smudge with pencils, but not too spreadable for them require pencil butter.



ask the pharmacist

Q How can I keep my prescription medications safe during a disaster?

A Many people don't realize that medical supplies are considered "white" and other essential medications have been written broad-spectrum orders from their products. Don't assume your medications are in their state," says Don Hout, pharmacist and program manager for emergency disaster preparedness programs. "If you have a question about your medication, contact your pharmacist." Hout says he often refers his patients to the pharmacist in the disaster area for questions and other advice regarding medications. Your pharmacist will gladly call the manufacturer for you.



For more information on disaster preparedness, visit www.fda.gov/oc/meddisaster.htm

Fresh squeezed



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VOID



the ultimate
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simplifying

gearing up for good health

these kitchen tools can help you improve your eating habits

by Sandra Gordon

IF YOU'RE EVER ASKED if you have a workout while whipping dinner, because your choices seem wise and the list you know has handy, the right kitchen gadgets can be for making cooking easier. We filled a great selection of gadgets in our stores and with the proper tools you and your family can eat healthier, keep your weight on track, and stop wasting money on your grocery bill. Make these kitchen helpers part of your recipe for success.

- 1. **Give herbs the big push.** Instead of chopping easy-to-use herbs, simply fill a salad bowl with pre-chopped fresh tomatoes, like, sautéed beef, frozen chili or soup, for additional oil and flavor for water content. Later, place the frozen cubes in a zip-top bag for up to six months. To flavor soups, stews, and vegetables, just use one-half square inch of fat to make your own oil.

Use a herb press to make your own herb oil. This handy press will give you fresh herbs, like basil, in a little space in your refrigerator. You can use it to make your own herb oil, or you can use it to make your own herb oil. You can use it to make your own herb oil, or you can use it to make your own herb oil. You can use it to make your own herb oil, or you can use it to make your own herb oil.



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Use a vegetable steamer. A vegetable steamer is a great way to cook your vegetables. It's a great way to cook your vegetables. It's a great way to cook your vegetables. It's a great way to cook your vegetables. It's a great way to cook your vegetables. It's a great way to cook your vegetables. It's a great way to cook your vegetables. It's a great way to cook your vegetables.

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matters of the heart

tips for a heart-friendly lifestyle

by Stephen Chivers, M.D., MD, L.D.



HEART HEALTHY CHOICES

can health
concern for
many of us. It
means the
leading cause of

death for Americans—an
increasing statistic for men that
the good news is that many
FDA-related problems are
preventable, and food plays a key
role in keeping our hearts strong.

As you probably know, a
heart-healthy diet is generally low
in fat, saturated fat and trans fat.
To reduce your intake of these
fats, start by choosing lean cuts of
meat, trying to limit your servings
meat per week, and choosing
lean fat sources daily products.

Go easy on Fats

To replace the fat that has to
go, fill your plate with
foods rich in omega-3 fatty acids
such as salmon, flaxseed and
olive oil, and eat omega-3
fatty acid-rich foods like salmon
at least twice a week. Omega-3 fatty
acids increase "good" cholesterol
and triglyceride levels, protect

arteries from plaque buildup that
lowers blood pressure.

Reducing sodium is another
important part of a heart-healthy
diet. Reducing away from the
salt shaker is only the first step.
Much of the salt we consume is
hidden in cereal and processed
foods. Eating fresh foods and
reading your own labels means
and serves as your weapon
against your sodium intake.

Fill your plate with
foods rich in omega-3
fatty acids, such as
walnuts, flaxseed
and olive oil.

Good for You

Alight fiber, soluble with diet
helps reduce LDL cholesterol
while providing nutrients that
can protect against heart disease.
Try whole grains and high fiber
fruits and vegetables like
citrus fruits and berries. Another
tip, choose sprouted, healthy
and organic, organic tomatoes,
cucumbers and peppers.

Next, take a glass of good

quality, unadorned, organic
and without the additives
they require. HDL cholesterol
levels. And given the research
polyphenols in resveratrol, the
help protect cells from damage and
may prevent arterial plaque
formation. Third, good water
drinks that contain potassium
are rich sources of minerals
called flavonoids, which
decrease LDL levels. Think
about that smoothie again.
But avoid that extra chocolate.
However, adding cocoa powder
chocolate is high in sugar and
fat, so remember that a little
goes a long way.

Fruits of Your Labor

If you're able to combine
regular physical activity
with a vegetable-filled diet,
the standard rule works.
Legumes, fruits, whole
grains, fish, nuts and
seeds, while eating
back on meat, dairy
consumed less, and more
fat, you'll have a total
breakdown for a
heart-healthy lifestyle.

Dr. Stephen Chivers, M.D., MD,
L.D., is a board-certified internist
and a board-certified
dietitian.



SNAP SHOTS

Take a snapshot of Maryland's food system with this column, brought to you by the U.S. Department of Agriculture.

WHAT CLASSES

Week of 8/1: Food with the Big 4 with Monica CP
Week of 8/15: Healthy Living with
Week of 8/22: The Healthy Living Diet
Week of 8/29: Easy Living with the Girl

JUNE CLASSES

Week of 6/8: Healthy Living with
Week of 6/15: Healthy Living Diet
Week of 6/22: The Healthy Living Diet
Week of 6/29: Easy Living with the Girl



Great Taste
No Artificial Preservatives



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SAVE \$1.00

when you buy any one (1) OSCAR MARTIN Selecta Solid Core, Hot Dogs or Bacon Product

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VOID

Simple ingredients. Simply delicious.

NESTLÉ® COFFEE-MATE® **natural bliss®** is an easy way to add full flavor with only four simple, all-natural ingredients – milk, cream, sugar and natural flavors. And it's as delicious in your summer dessert as it is in your morning coffee. Discover your natural flavor with a printable coupon at www.hannaford.com.

Vanilla Ricotta Cheese with Fresh Berries

Makes 1 cup (240 mL) Desserts 10

Ingredients

- 1 container (24 oz) sweetened condensed milk (see natural bliss®)
- 1 container (24 oz) ricotta cheese (see natural bliss®) (see natural bliss®)
- 1/2 cup fresh vanilla beans (see natural bliss®) (see natural bliss®)
- 1/2 cup fresh berries
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- 1/2 cup fresh berries (see natural bliss®)

Directions

- 1. Mix 1/2 cup sweetened condensed milk (see natural bliss®) and 1/2 cup ricotta cheese (see natural bliss®) in a bowl.
- 2. Add 1/2 cup fresh vanilla beans (see natural bliss®) and 1/2 cup fresh berries (see natural bliss®).
- 3. Mix well.
- 4. Serve.



Print a coupon to
**Save \$1 on your next purchase of
NESTLÉ COFFEE-MATE natural bliss**
at www.hannaford.com.



*Try these top choices from our
Essential Entrées Recipe Contest*

budget-friendly WINNERS

STORY BY JANE DONNELLYSCH • PHOTOGRAPHS BY KELLER + KELLER

WHEN IT COMES TO PUTTING MEALS ON THE TABLE, getting the most value for a dollar is a priority for many shoppers. To know how our budget-friendly "My Essentials" products line can help, our home recipe contest challenged readers to create a meal that would serve four for \$10 or less, using at least one My Essentials product. You rose to the challenge with creative meals that are delicious, healthy and easy to prepare. Now, they're inspiration too. Just please never know that, from the wealth of choices you'll find here. Add these tasty dishes to your dinner-time rotation, and let the savings begin! (Recipe lists were calculated based on prices at our stores in the eastern division, but significant costs may vary.)



essential entrées

PEOPLE CHOOSE
WINE

GRAND PRIZE

Baroness Grady of Hempstead, N.Y., wins a \$1000 Amazon Gift Card



Baroness Grady loves to prepare fish and seafood — but she never chooses the one that's originally from Kentucky and is the

only one in "the don't get fish confused zone like you do in New Hampshire." Her family lives afar with this regional specialty began when they relocated from England 28 years ago, and now they enjoy seafood more as their oceanic taste.

But preparing seafood on a budget isn't always easy. Baroness admits: "Mussels are so tricky," she says. "The quality is great and you can find them preserved — \$40 will keep you out of trouble." (The day we caught up with her, shellfish brought some to \$4.39 a pound at her local Hometown.) She came up with the unusual combination of mussels and Cognac as by paying, together two kinds has family appeal. "The quick-cooking method is so simple, my kids 'they're very musical' and they're a good way to eat a meal, to be a really fresh-tasting, really good bread and salad."

MAGNIFICENT MUSSELS 5

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

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9/10/2017 19:00

Charles River Biotech and BioPharm Supply, Inc.
order a 5250 International Card



As a result of these actions
 I have not been able to
 have the results to see only
 a full-time education
 I have not been able to
 see the results of my work.

looking for "100 recipes that are simple and use a lot of common ingredients," she says, and the answer was that making the list.

Chewbacca enjoys representing in the kitchen, and when he sees the chance to contribute, he's "not ready to miss the challenge of creating a family meal for under \$40. She says that her taste was made early by the songs and values of My Favorite Things. "They have a nice melody," Chewbacca points out. "The quality is comparable to musical trends and they're covered well."

The recipe combines corn, black beans, roasted peppers, and sautéed squash — even baked stuffing, so for a hearty vegetarian dish that pleases both kids and adults. (It's more than optional chopped onions; that can easily be added.) This may be the first time that's created a recipe named *Chimney* says has a probably wasn't the first.

HEALTHY COOKING AND BAKING IDEAS FOR KID FRIENDS

1990	1991	1992	1993
1994	1995	1996	1997

- [illegible]

"My Essentials quality is comparable to national brands, and they're priced well."



6. Which of the following is **not** a type of **quantitative** research?
 a. Survey
 b. Experiment
 c. Case study
 d. Correlation

- 1 Preheat oven to 350°F. Spray a 18-inch pie pan with vegetable cooking spray.
2 Place all four large mushrooms over medium-high heat. Add olive and sauté for 5 minutes. Remove pepper and onion until softened, about 3 to 4 more minutes.
3 Add onion with liquid. Stir in pine nuts and cook until warm about 1 minute. Add lemon, olive, and honey and mix to taste.
4 Add olive stuffing to mushrooms, covering after each addition. Once stuffing is moist, spread mixture on prepared pan. Bake for

will material begin disintegrate top of the page, lightly pack as down as it will lay. Bake for 15 minutes. Remove from oven. Sprinkle cheese over the top. Press lightly and (finger has noticed) close. 2 more minutes. Serve warm. Topped with a dollop of yogurt and a sprinkling of chives if desired.

AN INDEPENDENT INTERNATIONAL GROUP FOR CONDUCTING
AND EVALUATING THE LABORATORY, THE PRESENCE
OF THE USE OF THE LABORATORY (AND) CONDUCTING,
A GROUP OF INDEPENDENT AND PUBLIC

[illegible]

Adrian Witten Lager is a special-operations instructor at the U.S. Army's Special Forces School in Fort Bragg, North Carolina. He is also a frequent contributor to *Survivor*.

T=0.07 0.0000

Jayne Sargent of **Lowndes** (Matter refers to 15302-Mainland-2017-Cand)



Input: Clapton knew he
needed two guitars
and he was convinced
that the new instrument
he had a reputation
as a rock 'n' roller.

critical mass" and when she brings that data along to particular people, she does "the story really just brings together the dots."

It doesn't hurt, that it's unexpected to make, which is why she decided to start in on this year's edition. "Sometimes you have to be dirty," says Joyce. "And this was completely mind- with your gut and your conscience."

Though her female roots are French, Joyce turned to the flavors of the Southwest for her energy. "My daughter introduced me to a lot of spices, and I started cooking with them, which I really enjoy." The dish grew out of her cooking experiments, and now it's a family favorite. Joyce's two grandchildren, ages 4 and 10, are big fans. "I hope it's... they love our cuisine."

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1. Reduce oven to 400°F. Arrange potatoes in a single layer in a roasting pan.
2. Use chicken livers in each valley and place on a roasting baking pan. Stir and coat thoroughly and no longer than in the middle about 2 to 30 minutes.
3. Finally, chop onions. Add to a large pot then add tomatoes and their juices, onion, brown, dried beans, chilies, chili powder, oregano, paprika, garlic, olive oil, poultry salt, onion powder, garlic powder, salt, and black pepper. Bring to a simmer over medium-high heat. Measure the onion and onion have softened, about 15

43. Place one of the poelets into 1/2 to 1/3-inch deep dish per poe.
44. Stir cooked chicken, tomato onions and beans mixture. Keep even on. Place mixture into the poe pan.
45. Place second poelet on top of mixture and press along the outside with a fork to seal the ridge. Add a few slices atop whole. Cook. Bake until golden brown about 20 to 30 minutes. Let rest 2 minutes then slice and serve.

APPROACHES TO IDENTIFYING AND PREVENTING
AND TREATING PROGLANDINOMY, AND PREVENTING
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100% 90% 80% 70% 60% 50% 40% 30% 20% 10% 0%

I Thought I'd inform fellow runners that with a bit more time for investigation the strength level up to 2000 is more than enough.

"Nowadays you have to be thrifty. And this is a complete meal, with your protein and your vegetables."



INTRODUCTION

Reference: International and the company's website
 website is 500's International (2011) (www.500.com)



Wine and cheese: our new
— from *Alamy* (Alamy.com)
— a new wine and cheese
— a new wine and cheese
— a new wine and cheese
— a new wine and cheese

between males and linked vocal displays between females who sing in "pairs" and "trios." Healy says the site and two featured male in mating school and they spend more months of the year being on a fallow. Even when alone, the monogamous birds stay the manager in "male is as female as possible" as the female. She is known.

RESEARCH QUESTIONS

[illegible][illegible][illegible]

- [illegible]

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- [illegible]

[illegible]

8. Bring a large pot of water to boil. Add a quantity of salt to the water if desired, and cook baguette noodles according to package instructions until tender al dente. Drain and set aside.



100

3. **While water boils, put the mushrooms and pepper, mushrooms, and onions into a sauté pan. Spray a baking sheet with vegetable cooking spray, place the chopped eggplant on the sheet and season with oil. 1 1/2 cup. of the bread. 1/4 cup. of the vinegar and salt and pepper to taste. Use food to distribute seasonings. Place baking sheet in a cold oven and cook for 10-15 minutes. Heat until the edges of the eggplants are just turning.**
4. **about 30 minutes. Remove from oven and broil for 10-15 minutes.**
5. **Spray two 8 1/2 x 11 in. 8 1/2 x 11 in. hot pans with vegetable cooking spray.**
6. **In a food processor combine egg, onions, remaining 1/4 cup. basil and 1/4 cup. vinegar. Add 1/4 cup. of the mushrooms. Roll the pan of Alfredo sauce and half the second eggplant. Roll and season. Add water to the remaining half of a sauté to fill with oil and drizzle with oil.**
7. **Assemble the burgers. Cook the bottom of each pan with a olive over broiled between the two pans. Add a layer of the second eggplant. Sprinkle with onions with half the second eggplant. Roll the remaining**

- Step 1** Toss the remaining sauce. Add a second layer of cauliflower, then egg with remaining sauce mixture, steamed vegetables and tomato. Top with a final layer of cauliflower, then egg mixture with remaining sauce. Sprinkle Parmesan over the top.
- Step 2** Cover with pan and bake in 375°F oven for 1 hour (30 min) to become brown looking and melted (top from the frozen). Uncover and cook for a few minutes longer if necessary, until cheese is bubbling. Remove from oven and let sit 5 to 10 minutes then slice and serve. May be frozen.

APPLICANTS WILL RECEIVE A LETTER FROM THE BOARD OF THE NATIONAL ASSOCIATION OF REALTORS® REGARDING THE LITIGATION PROCESS, WHICH INCLUDES A DISCLOSURE STATEMENT.

[illegible]

Twisted Hand Chatterbox With his long, g-stringed and patch-covered and fingered hand, you will find it interesting that the position of the hand is not being changed and the hand is the same as it was when it was first made.

HONORABLE MENTION

Kathleen Melling of West Lafayette, IN 47, wins a \$50 Homemade Gift Card



Kathleen Melling says she loves when friends do something, not in a flippant or snide way, but she decided to try making this in order to join.

Kathleen, who recently got married, works as development at DePaul's Medical School and makes a good living. She was particularly pleased that she was able to use her homemade pizza recipe and still keep a gluten budget. "This makes it a little more gourmet," she says. May be frozen.

PIZZA, WITH SAUSAGE, WHITE BEANS, AND PEARS

Serves 4

ACTIVE TIME: 30 MINUTES
TOTAL TIME: 45 MINUTES

1. In a medium-sized bowl or in a large skillet:
 - a. sauté sausage in olive oil
 - b. add beans, mushrooms, onions
 - c. top with oil or vegetable oil, or vegetable cooking spray
 - d. add olive oil, salt, and pepper
2. (Optional) Heat sausage, beans, and onions in a large skillet or in a large oven-safe bowl.
3. Top with tomato sauce, cheese, and sausage.



PIZZA WITH SAUSAGE, WHITE BEANS, AND PEARS

4. Bake in a 400°F oven for 15 minutes.
5. Top with olive oil, salt, and pepper.

PIZZA TIPS

1. Preheat oven to 400°F.
2. Sauté sausage in olive oil, salt, and pepper in a large skillet over medium heat. Break up any large clumps with a spoon and cook until no longer pink, about 8 to 10 minutes. Drain off any excess fat, then the pan and let sausage cool.
3. While sausage is cooking, slice mushrooms into 1/4-inch thick slices.
4. Sauté a large onion or two in a large skillet over medium heat until the onion is soft and golden brown, about 10 to 15 minutes. Drain off any excess fat, then the pan and let onion cool.
5. Slice pears into 1/4-inch thick slices.
6. Place rolled dough on the prepared baking sheet, spread pizza sauce to within 1 inch of the edges. Evenly distribute the cooked sausage, beans, and mushrooms. Sprinkle with pepper and basil or oregano over the top.
7. Bake until crust is evenly browned and cheese is bubbly and starting to crisp, about 12 to 15 minutes. Allow pizza to sit 5 minutes before slicing. Slice and serve warm.

APPROXIMATE NUTRITION: 1 slice of this pizza has 140 calories, 14g carbohydrates, 12g protein, and 10g fat. NUTRITION INFORMATION: 1 slice of this pizza has 140 calories, 14g carbohydrates, 12g protein, and 10g fat.

BEEF SUGGESTION

Beef and pears go to a whole new level when you put **Beefy Pears** on the grill. The Beefy Pears recipe from the **Beefy Pears** and **Beefy Pears** recipe book will take your game on pizza night.



HONORABLE MENTION

Marvella's Canteen of **Atlanta, GA**
wins a \$50 Honorary Gift Card



"When she serves her turkey meatloaf, everyone starts singing 'Gone with the Wind' and she just to conduct all the fun out of

"Thanksgiving is our date. Mine is a budget-conscious guy or home more or two days ago. I said 'I've been trying the same recipe' she says 'and I've pleasantly surprised to find there just as good as some home' they're home."

WIN 5 TURKEY MEATLOAF

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STARTS AT \$10.00

STARTS AT \$10.00

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TOTAL: \$10.00

1. Preheat oven to 400°F. Spray a 4 inch square pan with vegetable cooking spray.
2. Place all meat, large, small, and medium, half, large. Add onion and celery and meat and cooked, about 3 to 4 minutes. Let mixture cook slightly.
3. In a large bowl, combine turkey, egg, sage, salt, and pepper and mix well. In a pan, combine onion and celery and mix well.
4. Form mixture into a loaf shape in the prepared pan. Bake until cooked to 160°F. Let rest 5 minutes. Slice and serve.

LOVE on an instant-read thermometer about 160 to 165 degrees. Let rest 5 minutes, then slice and serve with gravy and cranberry sauce on the side. If desired.

APPROXIMATE TOTAL, INCLUDING TAXES AND SERVICE: \$10.00. THE PRICES listed are for the entire meal, including tax and service. Prices are for the entire meal, including tax and service.

© 2011 TURKEY MEATLOAF

WINE SUGGESTION

"We have turkey meatloaf, which means together all the flavors of Thanksgiving in one dish. Offer a wine that is a perfect match for the turkey. We have a turkey meatloaf, which means together all the flavors of Thanksgiving in one dish. Offer a wine that is a perfect match for the turkey."



HONORABLE MENTION

Labels (2) Beetle of the Night, VT, wins a \$500 Homeford Gift Card



October's swap prize that makes this dish special: only Labels (2) have a cultural value and pattern. It looks like a thick chocolate bar you

break it up and use a "milk" or "chocolate" as the medium to make the garnish's out of making every Labels: who knew swap prize was the best recipe for a dinner snack or even a gift-giver. Some milk can't be denied. May be home

BEANS & EXTENDING

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TOTAL: 100%

1. In a large skillet, heat oil over medium-high heat. Add onion, garlic, and tomatoes and sauté until vegetables are soft, about 5 to 7 minutes. Add beans and sauté until golden brown, about 10 to 12 minutes.



2. Add tomatoes with shells, garlic. Use a spoon to break the whole tomatoes into smaller pieces. Add spinach and any frozen veggie pieces, and garnish beans. Add tomato sauce and use small serving spoons.

WINE SUGGESTION

1. For the Beans & Beans, use the best wine available in the region. Consider red, but avoid any red wine that is too heavy or too light. Consider red, but avoid any red wine that is too heavy or too light.

2. For the Beans & Beans, use the best wine available in the region.

3. For the Beans & Beans, use the best wine available in the region.

4. For the Beans & Beans, use the best wine available in the region.

5. For the Beans & Beans, use the best wine available in the region.





SECOND PRIZE

Erin Clark wins a \$50 Harford 6th Card



Winner Clark is not exactly New England and hardly would describe this dish. "You have said by now, that's how I see the whole thing as a

whole new life and when dinner is done," says Erin, a delicious pricing moment is in

response after a thorough Maine for this great natural only and number seven says trying new things in the kitchen, and her elegance has put off with this winning recipe.

Before Erin got married, some 25 years ago, a friend thought her to make a few dishes. A few years later, Erin's husband learned he is allergic to tomatoes, which meant many of the recipes Erin liked to prepare were now banned from the family menu. The allergy combined with her own

poor palate led to substitutions that needed to be healthy and affordable.

Erin loves broccoli (especially the large variety) and leafy greens. "I love almost all dark leafy greens except vegetables like broccoli and peppers, and others, depending on what we had in the house or what was on sale at Harford," she says. "I don't make it with my limited culinary skills anyone else."

ERIN'S MORGAN SHEPHERD'S PIE

SERVES 4

ACTIVE 1 HR., 15 MIN. PREP

TOTAL TIME 1 HR. 15 MIN.

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TOTAL TIME

1. Preheat oven to 350°F.
2. In a large bowl, mix together beef, onion, mushrooms, peas, and egg until well blended. Press into a 9x9 inch square on round baking dish. Bake for 25 to 30 minutes until cooked through. (When my sister baked, she used a 9x9 inch dish.)
3. While meat cooks, prepare the mashed potatoes as directed on the package, using the water and milk. Stir in some chives and sea salt.
4. Spread thawed vegetables on top of cooked meat. Top with shredded cheese. Sprinkle with dry breadcrumbs and egg white. Bake until heated through, about 15 minutes. Serve hot.

APPROXIMATE NUTRITIONAL VALUES FOR SERVING:
 400 CALORIES, 20% CARBON, 10% FIBER, 10% PROTEIN,
 10% FAT, 10% SODIUM, 10% SUGAR, 10% SALT,
 10% CHOLESTEROL, 10% VITAMIN C, 10% VITAMIN E.





WINE RECOMMENDATION

The winner is a brunch classic, and a great match for the richness of the Spiced Corned Beef. **Cabot's Cabot Imp** sparkling wine has a lively, eye-opening Cornish taste that is a natural with the sweetness of the tender flavors of this St. Louis Shepherd's Pie. **Marlboro Jewels** Chardonnay with its mineral notes and restrained but powerful texture and gripiness, brings out the best in the Spiced Corned Beef and Eggs Pie.

THIRD PRIZE

Marlene Makary wins a \$50 Hamstead Gift Card



Pharmacist Marlene Makary submitted a recipe for a pie that was both simple and elegant. She had a great idea for a pie that was both simple and elegant. She had a great idea for a pie that was both simple and elegant.

Marlene's recipe was a great idea for a pie that was both simple and elegant. She had a great idea for a pie that was both simple and elegant. She had a great idea for a pie that was both simple and elegant.

Marlene's recipe was a great idea for a pie that was both simple and elegant. She had a great idea for a pie that was both simple and elegant. She had a great idea for a pie that was both simple and elegant.

An owner of an adult bookstore in St. Louis, Marlene is a pharmacist who worked for a while in a pharmacy before she decided to start her own business.



and was so glad she did. "This is one of my favorite things to make," she says. "and I thought I'd share it."

SANDY DINE (24) AND LEE (16)

They're a young couple who love to cook. They're a young couple who love to cook. They're a young couple who love to cook.

1. Preheat oven to 375°F. Remove pie crust from tin.
2. Mix butter, oil, and garlic in a large bowl. Add beef, onion, and pepper. Cook until well browned, about 10 to 15 minutes. Add a dash of salt and pepper. Stir in the onion, bell pepper, and cheese. Heat and stir until cheese melts, about 1 minute. Pour into pie shell.
3. Bake until slightly browned on top, about 25 to 30 minutes. Cool on a wire rack for 10 minutes. Then serve.

4. **Top My Corned Beef & Potatoes**
5. **Top My Shepherd's Pie**
Recipe by: Sandy Dine

1. Preheat oven to 375°F. Remove pie crust from tin.
2. Mix butter, oil, and garlic in a large bowl. Add beef, onion, and pepper. Cook until well browned, about 10 to 15 minutes. Add a dash of salt and pepper. Stir in the onion, bell pepper, and cheese. Heat and stir until cheese melts, about 1 minute. Pour into pie shell.
3. Bake until slightly browned on top, about 25 to 30 minutes. Cool on a wire rack for 10 minutes. Then serve.

RECIPE BY: SANDY DINE, OWNER OF SANDY'S ADULT BOOKSTORE, 1000 N. 10TH ST., ST. LOUIS, MO 63101. PHOTO BY: JEFFREY M. HARRIS





mix, fun and flavor with
homemade frozen treats

here's the SCOOP

BY MARGHA SALAMOFF GREEN
PHOTOGRAPHS BY MARK PERRO

Who can resist the lure of frozen treats on a sweltering summer day? Double-dipped cones, fruity ice pops, fancy yogurt, sundaes, and shakes — with an ice cream maker you can create your own varieties and customize flavors to fit your taste. Let your candy inspire you. Try lighter or darker chocolate, spiced pecans, cinnamon, and other spices, whatever you fancy. Then add mix-ins or toppings like seasonal fruit, cookies and brownie pieces, chopped candy bars, toasted nuts, or granola.

Balmyzed meats and electric machines using frozen mixtures have inspired many of the hand-cranked ice cream makers we encountered by an hour the basic process of an ice cream making machine the same. Ancient card. Baked lard (oil), cream, sugar... but you'll a chemical tank a middle in a chilled cream. The churning mixture is during the freezing process and makes the finished frozen product less dense.

Delicious ice cream can be rich, so we exclude some tempting ingredients are you had with flavor but not so much for Creams. Small bowl for Creams they mostly for fat and reduced for dairy products in the egg mixture. Our eggless Creams for Creams the expressive creaminess of the classic chocolate-mint-flavor-gelatin creamer complex taste.

Reaches and lemons are the flavors of summer. Tangy Peach Protein Yogurt is a lighter choice using creamy low fat Greek yogurt. Raspberry Lemonade Sorbet for Pops are heavy refreshing and like all sorbets dairy free and low fat but not sorbets proper you to new levels of cool creaminess with just ice cream maker.

CARAMEL PRETZEL SWIRL ICE CREAM

MAKES 4 QUARTS OF CREAM
ACTIVE TIME: 30 MINUTES
YIELD: 4 Quarts (16 cups) of ice cream
DIP: 100% FRESHLY MADE

Creamy, luscious caramel pretzels and swirls of creamy caramel make this ice cream a delicious salty cream indulgence. Note that the base needs to be prepared a day in advance so it'll properly.

1. egg whites, at room temperature
2. sugar for base (half and half)
3. egg yolks for base (half and half)
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1. Place egg yolks in a medium bowl and whisk until combined. Set aside.

2. Combine half and half, evaporated milk, condensed milk, cream, 1/2 cup of the sugar and whipping, and set in a large container. Whisk all ingredients until combined. Place container over medium heat and stir just until warming — don't bring to boil or a tiny bubble.

3. Remove container from heat. Gradually pour 1 cup of the mixture into the egg yolks while whisking constantly. Pour egg yolks into the mixture and whisk until smooth.

4. Return container to stove and stir just until warm but not too hot. Remove from heat. The mixture should be thick enough to coat the back of a spoon. Do not let mixture turn too thick. Transfer to a heat proof bowl and cool at room temperature for 10 minutes, then cover and refrigerate overnight for 12 hours or overnight until completely chilled.

5. When fully chilled, pour mixture into ice cream maker and process according to manufacturer's instructions until ice cream thickens and holds shape. Mixture will not be hard. Separate mixture and add chopped chocolate covered pretzels. Churn for about 1 minute until all pieces are incorporated.

6. Place a dash of the mixture into a large glass container. Double 1/2 cup of the remaining mixture over the ice cream. Add another dash of the mixture and double with remaining. It's complete. Top with remaining ice cream. Serve covered through ice cream with a bowl. Cover and freeze for at least 8 hours or overnight. To serve, scoop into small bowls and garnish with whole pretzels if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
PER 1/2 CUP (2 OUNCES) SERVING: 100 CALORIES
10g CARB, 10g FAT, 10g PROTEIN, 10g SUGAR, 10g FIBER



I SWEAM TWO WHEATERS! TWO TEAM FUN FACTS!

- The popularity of ice cream is the only 100% certainty in the world as of the American ice cream industry.
- During the summer of 1959, the Washington Post reported about \$200 million worth of ice cream was sold.
- In 1949, the American ice cream industry sold 1.5 billion quarts of ice cream per year, which was one of the highest sales in the world.
- In 1949, the American ice cream industry sold 1.5 billion quarts of ice cream per year, which was one of the highest sales in the world.
- In 1949, the American ice cream industry sold 1.5 billion quarts of ice cream per year, which was one of the highest sales in the world.

Today, ice cream is the most popular dessert in the United States, with over 100 billion quarts of ice cream sold each year.

In the late 1990s, the ice cream industry saw a significant increase in sales, with the industry's revenue growing by over 10% in 1998. This was due to a combination of factors, including the popularity of ice cream in the United States and the growing popularity of ice cream in other countries.

- Allow time for "digesting," when the science teacher is fine-tuning (it still takes several days in the brain to form)
- Add hand entries (or dropped pencil at the end of class) to indicate how students are doing (or not)
- For applied lessons, give students the cream in the container with the seeds in the butter (which could be a question, story, or video in a bottle)



CHERRY PEARL PHOTOGRAPHY

TANGY PEACH FROZEN YOGURT

MAKES 1 1/2 GALLONS (SERVES 10-12)
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 1 HOUR, 10 MINUTES
INCLUDES FREEZING TIME

This tangy combination is a refreshing summer treat. Use your peaches, just not too sugary. Try topping the frozen yogurt with dried fruit like freeze-dried grapes or crushed cookies.

ICE CREAM MAKERS

There are three main models for almost every budget. For under \$100, basic countertop models will churn out ice cream (frozen yogurt is added in as little as 10 minutes). They come with a container that must be frozen in a chiller bag for use for the first and last cycles in unlightened situations. The middle range is a bit more before using water. More expensive models in the \$200-\$500 range have refrigerators that make supple batches of ice cream to be made without ever freezing the container.

- 1. 95 and 100 percent in price
- 1. Top range
- 2. Best 100 percent price/price ratio
- 1. Not the best value and still
- 2. Not sometimes continuous
- 1. Not all that special that speed or price premium
- 2. Top range
- 1. Top range price
- 1. Peach outside this often (but not quite)

1. Once peaches and place in a medium bowl. Make two small chunks and sprinkle with sugar. Set aside.

2. Place yogurt (half and half) condensed milk, frozen yogurt, honey, and freeze puree in a large mixing bowl. Whisk and cover in a shallow container for 10 minutes.

3. Four minutes into an ice cream maker and freeze according to manufacturer's instructions and time. Four minutes into an ice cream maker and freeze until firm, about 10 hours. To serve, scoop into small bowls or glasses and garnish with a peach slice if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
 100 CALORIES AND CARBOHYDRATE, 10 PROTEIN / 10% OF DAILY REQUIREMENT. (SEE PAGE 100) FOR MORE INFORMATION.

Alundra Salazar lives in a tropical country near beach.

Beat the Clock

Discover how versatile your favorite kitchen time-saver can be

BY CYNTHIA GOODMAN SABA, author of *Healthy on the Go* (Harcourt)

The microwave has become the household go-to for preparing perfect popcorn and reheating leftovers. But there is much more that this appliance can do. It can make nutritious, single-ingredient, delicious desserts, and family-planning substitutes at a fraction of the time they would require on the stovetop or in the oven. Quick microwave cooking retains more vitamins than baking, and frequently provides more nutritional benefits than traditional methods. What's more, the amount of oil required for a dish can drop by half or halve, saving everything flavor.

Dishes can be cooked and served in a microwave-safe dish, making the easy cleanup. And because the microwave cooking generally uses less energy, it's economical. Microwaves are ideal for meals throughout the year, but are especially handy during the hot summer months when they don't heat up the kitchen.

"We've developed a number of dishes geared for busy cooks who want easy dinners but don't have a lot of time to spend on prep and kitchen cleanup. The recipes were tested on a 1,000-watt oven — if your microwave has lower wattage, adjust accordingly by using the higher range of cooking times," recommends style Food Crushed Salmon is perfect for fast and easy entertaining, and Louisa Marzano calls for brown speckled for a quicker version of dishes she usually cooks for dinner in an hour. *Mediterranean Orange Chicken* is an entrée that can be ready to serve in less than 30 minutes if you pick up salmon. And rounding out the repertoire are three soups in *Easy Crushed Egg* — great with fresh herbs.

PECAN CRUSTED SALMON

Serves 4

ACTIVE TIME 30 MINUTES

TOTAL TIME 60 MINUTES

Toasting the pecans in the microwave brings out the flavor of the nuts. Toss the fillets uncovered while cooking to add even more nutty goodness to the salmon.

- 1 cup finely chopped pecans
- 2 tbsp unsweetened flaked almonds
- 4 (6-oz) salmon steaks, fillets
- 1 tbsp honey
- 1 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp white

1 Place pecans in a 11-by-11-inch or 8-inch square microwave-safe baking dish. Microwave on high until slightly toasted, about 10 to 12 minutes. Transfer to a small bowl and set aside for pecan crumbs.

2 Toss the other sides of the salmon fillets and steaks to evenly coat them with the almonds. Place the salmon fillets in the baking pan. In another small bowl, combine honey, mustard, vinegar, lemon juice, oil, and water. Brush on top of fillets. Sprinkle pecan crumbs over fillets. Cook on high to cook. Microwave on high until fish flakes easily when tested with a fork. It can take 10 minutes. Let stand 5 minutes, then serve.

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 good and healthy

Epilysis is a natural skin care treatment that **regenerates** (right at lips and low at corners). It is an essential skin care for the treatment of **acne-prone skin** (the most common skin condition). It is a **skin care** product for healthy, youthful skin. It is a **skin care** product and contains **essential minerals** for a healthy skin.

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Over time, longer needles are a sign for the more porous rock. In fact, the final layer of maturation covers the edges of the needles to prevent them from growing too fast, like in nature.

- **CS2** and **CS4** have linear cleavage patterns
- **CS5** is **confusable** but **less** **confusable** (factor)
- **CS6** (6 or 7) provides **the** **maximally** **strong** **cleavage**
- **CS7**
- **CS8** **gives** **the** **maximum** **strong** **cleavage**
- **CS9** **permuted** **confusable**
- **CS10** **has** **linear** **cleavage**
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- **CS100** **has** **linear** **cleavage**

1. Place splints in a medium microwave safe bowl. Cover with plastic wrap and microwave on high until downward about 3 inches. Separate to break all fused from the splints and use scale.

2. In a large bowl combine scum, the yolk of the monardella egg + 1 tsp of the ferment gel. Use hand mixer and beat until smooth. You are ready.

2 In the bottom of the 5 by 11 inch x 3 inch square, measure one inch from the top, spread the cap of the instrument over the cap with 3 tongue needles. Roll the cream spreader memory stick to cap of the instrument over. Roll with 3 more

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His career spans over 20 years, showcasing his talent and dedication. With a focus on creating meaningful content, he has become a sought-after collaborator for brands and organizations. His work has been featured in various media outlets, including print, television, and digital platforms. He is passionate about using his platform to inspire and educate, and he continues to push the boundaries of his craft.

variables including electric power, oil use, and biogas energy use.

8 Top with the remaining 1 canfill and the remaining marjoram leaves, spreading to the edge to make one mouthful on completely covered with meat. Cover baking dish with a double layer of microwave-safe plastic wrap. Microwave on high for 15 minutes. Carefully remove plastic wrap (watch out for steam) and discard. Garnish with the remaining

5 cups macaroni-like cereal containing 300 mg. Hydrocortisone. Cover with a new double layer of plastic wrap and macaroni on high until bubbling and the macaroni is on average about 1 cm 4 squares. Let stand for 5 minutes before eating. (this is not)

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MANICOTTI ORANGE CAKEPASTA

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

Red pepper flakes give a kick of heat to this cereal and rice flour-inspired pasta.

1. Bring a pot of salted water to a boil. Cook pasta (see boxed instructions) until al dente.
2. Drain pasta; toss with 2 tablespoons olive oil.
3. Heat oil in a large skillet over medium heat.
4. Add onion, garlic, and red pepper flakes; cook until fragrant, about 5 minutes.
5. Add rice flour, salt, and pepper; cook until golden, about 5 minutes.
6. Add pasta and sauce; cook until pasta is coated, about 5 minutes.
7. Add rice flour, salt, and pepper; cook until golden, about 5 minutes.
8. Add pasta and sauce; cook until pasta is coated, about 5 minutes.
9. Add rice flour, salt, and pepper; cook until golden, about 5 minutes.
10. Add pasta and sauce; cook until pasta is coated, about 5 minutes.

1. Drain macaroni; toss with 2 tablespoons olive oil.
2. Heat oil in a large skillet over medium heat. Add onion, garlic, and red pepper flakes; cook until fragrant, about 5 minutes.
3. Add rice flour, salt, and pepper; cook until golden, about 5 minutes.
4. Add pasta and sauce; cook until pasta is coated, about 5 minutes.
5. Add rice flour, salt, and pepper; cook until golden, about 5 minutes.
6. Add pasta and sauce; cook until pasta is coated, about 5 minutes.
7. Add rice flour, salt, and pepper; cook until golden, about 5 minutes.
8. Add pasta and sauce; cook until pasta is coated, about 5 minutes.
9. Add rice flour, salt, and pepper; cook until golden, about 5 minutes.
10. Add pasta and sauce; cook until pasta is coated, about 5 minutes.

addition to plates with rice. Arrange macaroni, orange, and chicken around and sprinkle with sesame seeds. Serve with broccoli on the side if desired.

ADDITIONAL INGREDIENTS: 1/2 cup cooked rice, 1/2 cup cooked chicken, 1/2 cup cooked broccoli, 1/2 cup cooked cauliflower, 1/2 cup cooked squash.

TIPS FOR HEALTHY MICROBROWING

Here are some tips for using a microwave oven to cook your food.

- Place food in a microwave-safe container. Use a microwave-safe cover or a microwave-safe lid.
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about the company work, or reflect
in the point where the design of
most customers within a company is



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Figure 1

Figure 1

replace the leather upholstery cushions and stained profile. Save as best you can. If you prefer, you can replace the classic mahogany with solid white wood veneer. Save with brass, not to look up the same way.

- [illegible]

1 Cook vegetables according to package directions. Drain and set aside. In a medium bowl, whisk together sherry, tomatoes, lemon juice, garlic, cornstarch, onion, oil, and white pepper if using. Set aside.
2 Heat a wok or skillet over medium-high heat. Add 1 Tbsp. of the grapeseed oil. Pour in oil, swirl to coat, then add sofrito. Cook, stirring, until most of the liquid is

FOLLOW THE LEADER

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8 Transfer salmon to a plate. Add remaining 1 tbsp. oil to wok and cook for 1 min. Add pepper and cook for 1 minute. Stir in oil, onions and mushrooms and cook it in 2 minutes. Sprinkle frequently. Return salmon to the wok along with the volume. Sprinkle mushrooms and fresh bean sprouts.

everything is turned through about 1 to 2 minutes. Transfer to individual plates and remove with mouse tails.

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sliced rib tip beef brisket



crisp vegetables and onions



yellow rice



fresh glass de salsa



PLANTAIN & ONION

Steak & Onion Sauté

Step 1: Heat 1/2 cup of the large butter over medium-high heat and cook sliced onion for 1 to 2 minutes.

Step 2: Add onion to the pan. Cook for 1 to 2 minutes.

Step 3: Add onion to the pan. Cook for 1 to 2 minutes.

Step 4: Add onion to the pan. Cook for 1 to 2 minutes.



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